

Bedford Recreation Department - recreation opportunities right in your own community - [www.bedfordma.gov/index.php/departments/recreation](http://www.bedfordma.gov/index.php/departments/recreation)

Minuteman Technical High School in Lexington offers classes on "In the Kitchen", and "Health and Fitness": [minuteman.org/images/stories/pdf/Community\\_Education/Catalog/fall%202011.pdf](http://minuteman.org/images/stories/pdf/Community_Education/Catalog/fall%202011.pdf)

Shawsheen Technical High School offers culinary and fitness classes: [www.shawsheentech.org/pdf/Adult%20Education%20Brochure-Final-Fall%202011.pdf](http://www.shawsheentech.org/pdf/Adult%20Education%20Brochure-Final-Fall%202011.pdf)

Over the past 15 years, research has shown what parents have known for a long time: Sharing a fun family meal is good for the spirit, brain and health of all family members. Recent studies link regular family meals with the kinds of behaviors that parents want for their children: higher grade-point averages, resilience and self-esteem. Additionally, family meals are linked to lower rates of substance abuse, teen pregnancy, eating disorders and depression. This site also advocates the power of family dinners to nourish ethical thinking:

[thefamilydinnerproject.org/](http://thefamilydinnerproject.org/)

Offers ideas on how to involve your family in menus, meal planning, and how to make family meals a bonding, nourishing experience.